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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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FILE COPY

FOR IMMEDIATE RELEASE:

SPORTS ACTIVITIES AT WELLFEST '90

CHARLESTON, IL--From scuba to skiing and biking to badminton, Eastern Illinois University's WellFest '90 has a sports activity for all ages and interests.

Sponsored by Eastern's College of Health, Physical Education and Recreation, WellFest will be held Saturday, Sept. 29, in and around Lantz building at EIU.

Activities include frisbee golf, which is similar to any other game of golf, except the holes are small circles on the grass. "The object of the game is to land the frisbee inside a small circle in the lowest number of throws," said Tammy Rees, assistant director of recreational sports at EIU.

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WELLFEST '90

Anyone can participate in frisbee golf which begins with registration at 10 a.m. in the tent by the campus pond. Contestants will be separated by age into teams, and t-shirts will be awarded to the winners in each age group.

Head Men's Basketball Coach Rick Samuels said a Parent-Child Basketball Workshop from 4-5:30 p.m. in Lantz Gym will teach parents and youngsters the fundamentals of the sport.

"The main purpose is to show moms and dads how to teach their children the proper techniques of basketball. Many times parents are the primary coach to children while they are young," Samuels said.

Pre-registration is required and can be completed through Eastern's Recreational Sports Department or the Athletic Department.

A basketball freethrow contest, sponsored by Delta Psi Kappa, EIU's physical education fraternity, will be held from 2:30 to 4 p.m. in Lantz Gym. Registration is on-site.

Eastern's Recreational Sports Department staff will demonstrate the use of Universal weight machines and free weights each hour on the hour beginning at 11 a.m. in the Fitness Center on the lower level of Lantz Building. The Fitness Center will also be open to the public for use throughout the day.

A Nordic Ski demonstration will also be held every hour on the half hour beginning at 11:30 a.m. in the Fitness Center. The Nordic Ski machine is a stationary simulated ski exercise machine that works all major muscles in the body.

Roller skiing, another exercise that works many of the major body muscles, will be demonstrated in the Field House at 3 p.m.

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ADD 2/2/2/2

WELLFEST '90

Visitors are invited to participate in a scuba diving demonstration at 1 p.m. at the Lantz Pool, which will also be open for public swimming from 12 to 4 p.m. with certified lifeguards on duty at all times.

A segmented triathalon for amateurs who have never participated in a triathalon will begin at 7:30 a.m. at the Lantz Pool. Participants will be grouped by age and will complete a course of 100-200 meters swimming, six miles of bicycle riding and three miles of running. Participants can register on-site at 7:30 a.m. and should bring their own bicycles, swimwear and running clothes.

For those who enjoy tennis-like games, a table tennis exhibition will be held at 2:30 p.m. in Lantz Gym, followed by a badminton demonstration by the EIU Badminton Club at 3 p.m. in Lantz.

Two outside tennis tournaments at the Triad Courts also are planned, including separate men's and women's doubles tourneys beginning at 10 a.m. Interested persons may register at the Recreational Sports office. A mixed doubles tennis scramble will begin at 3 p.m. Pre-registration is not required for the mixed doubles scramble.

Other athletic events in Lantz Gym include a gymnastics demonstration at 10:30 a.m., an aerobic demo by the Mattoon YMCA at 12:30 p.m. and a Super 60s senior aerobics demonstration at 1 p.m.